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Sweets Without Guilt The Fructose Dessert Cookbook

Yi-Tong Ma



Sweets Without Guilt The Fructose Dessert Cookbook:

Sweets Without Guilt Minuha Cannon,1980 The Sweetener Trap and How to Avoid It Beatrice Trum Hunter,2010-05

With this expanded revision of the 1982 classic The Sugar Trap Beatrice Trum Hunter noted writer on food issues brings readers invaluable help for avoiding the sweetener trap She exposes facts about today s many sweeteners from aspartame to stevia sucralose and xylitol With careful research and well weighed advice Hunter explains why it is important to limit all added sugars With awareness readers can do it despite misleading labeling sly marketing tactics and vague federal recommendations for sweetener intake that reflect research bias and strong pressures from sweetener interests

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